

Apple, Walnut & Cinnamon Bircher

recipe by Nicola Moores

Serves 2

Dairy free, vegan, vegetarian, refined sugar free

Bircher Ingredients:

1 cup rolled quick oats
¾ cup coconut milk
½ cup water
1 Tbsp. pure Canadian maple syrup or classic honey
1 tsp. flaky sea salt
½ tsp. Heilala pure vanilla extract with seeds

To Finish:

1 apple, cored & grated
¼ cup Zante currants
½ cup walnut halves or pieces, toasted & roughly chopped
½ tsp. ground cinnamon

To Serve (optional):

Plain coconut yoghurt
Fresh apple slices
Nut or seed butter of choice
Edible flower petals

Method:

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To prepare the Bircher, start the night before by putting all the Bircher ingredients in a bowl and mixing to combine. Cover with a plate and leave in the fridge to soak overnight.

The next morning simply stir through the grated apple and currants, scatter over the walnuts and sprinkle with the cinnamon.

If you're feeling a little fancy, feel free to dollop some coconut yoghurt on top and serve with some extra finely sliced apple, a drizzle of your favourite nut or seed butter and a sprinkling of some pretty edible flower petals.

NB: If you're a busy little bee, I highly recommend doubling the recipe to make a large batch of Bircher to store in the fridge during the week. It will last in the fridge for a good few days, just remember to add the fresh apple, currants, walnuts and cinnamon fresh when serving.